

facilitating core stability more than double poling on two legs.

Conclusion.— As the training modality is new in relation to rehabilitation the interesting outcome is calling for further investigation with a larger group of subjects.

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Effect of progressive muscle strength training with or without dietary supplementation on muscle mass in elderly

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Keywords: Sarcopenia; Muscle mass; Muscle strength training; Dual energy x-ray absorptiometry

Introduction.— Sarcopenia is characterized by significantly reduced skeletal muscle mass, muscle strength and functional physical performance. Studies report that until the age of 80 healthy people lose about 30–40% of their skeletal muscle mass. The aim of this study was to investigate the effect of progressive muscle strength training with or without dietary supplementation on skeletal muscle mass.

Methods.— For this randomized, controlled, prospective and observer blind study 120 institutionalized elderly people were included and assigned to either strength training groups with or without dietary supplementation or a control group. Only residents over 65 years old, with a mini mental status test > 23 and a Short Physical Performance Battery Test > 4 were included. Exclusion criteria are acute or chronic diseases contraindicating strength training according to



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was performed for 6 months twice a week under supervision of a professional trainer. One strength-training group received a dietary supplementation FortiFit (Nutricia) every day after breakfast. The control group performed a supervised cognitive training twice a week. At baseline and after 6 months of intervention skeletal muscle mass will be assessed by dual energy x-ray absorptiometry.

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Particularities of Physical and Rehabilitation Medicine for geriatric patients

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Keywords: Aging; Geriatric rehabilitation; PRM methodology; Occupational therapy

Introduction.— The “aging” process as integrated part of life, considered not a disease and not a disability, is associated with a lot of progressive physiological changes which determines an increase of morbidity prevalence for acute and chronic diseases and a higher rate for physical and disability incidence.

Aim.— To identify the effects and particularities of Rehabilitation program on a geriatric group of 70 in-patients.

Material and method.— To put accent on treatment of disability caused by different pathology and to contribute to preventive Geriatrics by promoting physical activity programs and early beginning on musculoskeletal pathology to gain time and to slow down the regression towards disability. The authors used the PRM methodology, based on occupational therapy, kinetics, electrotherapy and therapeutic massage with some particular adaptation regarding the dosage, intensity, duration of electrotherapy and massage and special types of medical gymnastics, based especially on ergotherapy and occupational therapy inspired by the former profession or hobbies of the patients.

Results.— A proper and individualized Rehabilitation program based on occupational therapy focused on ADLs and gait, associated with specific Physical Medicine methods adapted to the geriatric pathology has a major impact on their quality of life, functional independence and secondary prophylaxis.

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